



Universal Meditations: A Program for Quieting the Mind

David Less

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Practical and Poetic Guide to Meditation. A guide that is written so clearly that even a beginner can learn quickly, while experienced practitioners will discover beautiful new ways to get to the mind's still point. DAVID LESS applies a lifetime of meditation study and practice toward spreading the universal wisdom that shines through all awakened hearts. He is the director of Rising Tide International, a spiritual center dedicated to advancing the transformation of consciousness, and his artful teaching of meditation is appreciated by the many thousands who have attended his seminars and retreats all over the globe. David's generosity, humor and joyful nature inspire practitioners everywhere.

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